

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

I bow before Sri Ram, who is vested with all powers!
I bow before the source and reservoir of all powers!
I bow and seek shelter with the Supreme Soul, Sri Ram!
I dedicate and surrender myself unto Him!
'Parmaatmaa': The Supreme soul.



RAM_KRIPAA AVTARAN

The Descent of God's Grace

Descent of Ram's Grace; Blessings of Sri Ram on the devotee; Showering of Sri Ram's Compassion and Benevolence.

'Kripaa': Compassion, Benevolence.

Param-Kripaa Suroop Hai, Most beautiful form of Formless One

Param-Prabhu Sri Ram, Is Face of Grace of God *Shri-Ram*,

Jan Paavan Parmaatmaa, *Shri-Ram* the Great, Purifier of Men,

Param-Purush-Sukhdhaam. ...1. First One, High Home of Peace and Calm.

The Supreme Master- Sri Ram, is an incarnation of boundless compassion and grace. As the Supreme Soul that sanctifies one and all, Sri Ram is the ultimate abode of (peace and) happiness.

'Param': Supreme. ...1

Sukhdaa Hai Shubhaa-Kripaa, The Blessed Grace is giver of health,

Shakti Shaanti Swaroop, The sources of Strength, alcove of calm,

Hai Gyaan Aanandmayi, Vehicle of wisdom, bestower of bliss,

Ram-Kripaa Anoop. ...2. Unique descent is Grace of Ram.

Sri Ram is the incarnation of Supreme Grace. He is inherently and essentially a provider of real peace, happiness and well - being. An inexhaustible(endless) fountainhead of unparalleled grace, love and benevolence, knowing Him grants us strength, wisdom, bliss and peace.

'Roop-Swaroop': While the form(roop) of ornaments may be a necklace, bangle or earrings,

Param-Punya Prateek Hai, The Name of Lord of Love *Shri-Ram*

Param-Eesh Kaa Naam, Is highest and the holiest Word,

Taarak-Mantra Shakti-Ghar, The saving *mantra*, sanctum of *shakti*,

Bijaakshar Hai Ram. ...3. *Shri Ram's* the most sacred Seed-Word.

God's name symbolizes supreme sanctity and divinity. 'Ram-Naam', the storehouse of Omnipotence, guarantees deliverance from the mortal bondage leading to salvation.

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'Mantra': The sacred word (or group of words) endowed with exceptional powers through a process of constant meditation. 'Mantra' ought to ennoble, enlighten and liberate the human soul from the mortal bondage(physical prison-human life).

'Bijaakshar': The core constituent of 'RAM' is formed by the unison of 'R' of 'Agni', 'A' of 'Surya', 'M' of 'Chandra' - the three essential cosmic elements (fire, sun, moon). ...3

Saadhak-Saadhan Saadhiye,	Knowing this secret of secrets of all,
Samajh Sakal Shubh-Saar.	With faith, devotees repeat the Name,
Vaachak-Vaachya Ek Hai,	That That and This, in-fact, are one,
Nishchit Dhaar Vichar. ...4.	Are one, indeed, the Named and the Name.

O Saadhak ! Undertake spiritual practices in the full knowledge of the fact that Ram-Mantra is the nucleus of all that is Good. Let there be no doubt that the devotee who remembers ('saadhak') and the object of remembrance('saadhya'), one who contemplates and the object of contemplation, the speaker and the subject matter of speech are indeed one and the same. ...4

Mantramaya Hee Maaniye,	Believe! The Lord of Love <i>Shri-Ram</i>
Isht Dev Bhagwaan,	Is all replete with name <i>Ram-Ram</i> ,
Devaalaya Hai Ram Kaa,	And Sacred Temple too of Ram
Ram Shabd Gun Khaan. ...5.	Is full of virtues, this Word, <i>Shri-Ram</i> .

Know it without any doubt that your chosen deity- Sri Ram is inherent in Ram-Mantra and abides therein as the origin, source and unfathomable (that cannot be measured) reservoir of all the virtues. ...5

Ram-Naam Aaraadhiye,	With deep devotion and faith within,
Bheetar Bhar Ye Bhaav,	Mediate upon the Name <i>Ram-Ram</i> ,
Dev-Dayaa Avtaran Kaa,	And with a child-like trust await
Dhaar Chaugunaa Chaav. ...6.	Descent of Grace of God <i>Shri-Ram</i> .

Engrossed in these lofty thoughts and with a heart passionately longing to be blessed with divine grace, focus your fond attention on the profundity and glory of Ram Naam. ...6

Mantra Dhaarnaa Yon Kar,	From right Teacher learn right technique
Vidhi Se Le Kar Naam,	Of right repetition of right Name,
Japiye Nishchaya Achal Se,	And then mediate with greatest faith
Shakti-Dhaam Sri Ram. ...7.	Upon <i>Shri-Ram's</i> most vital name.

After proper initiation (Naam-Deeksha), undertake constant recitation of Ram-Mantra with unwavering concentration and full faith in the fact that all the powers dwell in and emanate (originate) from Sri Ram - the Source of Energy.

'Mantra-Dhaarnaa': Focussing attention on 'Mantra' only.

'Jap': Recital of Ram-Naam keeping in mind its true meaning. ..7

Yathaa Vriksha Bhee Beej Se,	From seed in earth as grows a tree,
Jal-Raj Ritu-Sanyog,	Slowly by help of elements three,

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Paa Kar, Vikse Kram Se,

Sun, air, water- in similar way,

Tyon Mantra Se Yog. ...8.

Name's seed grown up into Yoga's Tree.

Just as the seed getting conducive environment of earth, water and suitable weather gradually gets transformed into a tree, likewise contemplation of Ram Mantra with faith and devotion leads to higher spiritual attainments.

'Mantra-Yog': A spiritual practice whereby recitation of 'Mantra' leads to God - realization. In short, faith, 'dhyaan' and 'Samaadhi' in unison with ' Mantra ' result in 'Mantra-Yoga'. It follows 'Naam-Jaap' performed with complete devotion and faith. ...8

Yathaa Shakti Parmaanu Men,

Within an atom as is hidden

Vidyut-Kosh Samaan,

Of latent power, a great treasure,

Hai Mantra Tyon Shaktimaya,

A secret *Shakti* is thus locked up

Aisaa Rakhiye Dhyaan. ...9.

Within the mantra, of this be sure.

Our faith in the effectiveness of the 'Mantra' should be akin to the firm belief in the atom being the repository of limitless energy or the powerhouse being the inexhaustible storehouse of power. [A sure remedy for the unwholesome human passions, 'Ram Mantra' absolves our sins and elevates and edifies by inspiring noble thoughts.] ...9

Dhruv Dhaaranaa Dhaar Yeh,

Meditate, therefore, on Name, with faith

Raadhiye Mantra Nidhaan,

As firm as polar star in sky,

Hari-Kripaa Avtaran Kaa,

And watch descent O' *Shri-Ram's* Grace,

Poorn Rakhiye Gyaan. ...10.

With mind so calm, with hope so high.

Contemplate Ram-Naam with absolute faith and know that by doing so Sri Ram's grace and blessings will definitely descend on you(the devotee).

'Dhruv Dhaarnaa': Mental constancy (Steadfastness) achieved through meditation.

'Mantra Nidhaan': The treasure house of holy and Godly names - the core of all Mantras (Ram). ...10

Aataa Khirdhki Dwaar Se,

As blows with force a fragrant breeze

Pawan Tej Kaa Poor,

Into a room through windows, doors,

Hai Kripaa Tyon Aa Rahi,

The Grace is thus ever blowing,

Karti Durgun Door. ...11.

Taking away all ills and sores.

With the opening of the windows, fresh air and light come in and drive away staleness.

Likewise, Sri Ram's grace annihilates (finishes) all vices (and blesses us with virtues)11

Baṭan Dabaane Se Yathaa,

Soon as is pressed electric button,

Aati Bijli-Dhaar,

A current at once begins to flow,

Naam Jaap Prabhaav Se,

So too, by *jap* *, of name *Ram-Ram* ,

Tyon Kripaa-Avtaar. ...12.

The Grace of Ram descends below.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

*Jap is repetition of Ram-Ram

Electric current begins to flow instantaneously following a push on the switch. Likewise, repetition of God's name with devotion blesses us with His Grace. ...12

Kholte Hee Jal Nal Jyon,	Comes rushing down water with speed
Bahtaa Vaari Bahaav,	As soon is turned a tap, above,
Jap Se Kripaa Avtarit Ho,	The Grace likewise descends by <i>Jap</i> **,
Tathaa Sajag Kar Bhaav. ...13.	And fills the mind with faith and love.

** Jap is Repetition of Ram-Ram

God's Grace descends automatically instilling life in our faith as a result of constant Jaap (recitation of Ram-Naam), just as water gushes forth as soon as the tap is turned on. ...13

Ram Shabd Ko Dhyaiye,	Repeat, reflect on Name, <i>Ram-Ram</i> ,
Mantra Taarak Maan,	Tis sacred word protects from sin,
Swashakti Sattaa Jag Kare,	Awakens vital force lying asleep,
Upri Chakra Ko Yaan. ...14.	Takes it to the higher <i>chakras</i> within.

With rapt attention meditate upon 'Ram-Naam' believing it to be means of upliftment, ennoblement and salvation. This awakens and leads the Inner Being vertically upward.

'Chakra': Yoga mentions eight 'Chakras' in the human body : Moolaadhaar, Svaadhisthaan, Manipoor (Naabhi Chakra), Anaahat (Heart), Vishudh (Kanth), Aagyaa (Trikuti), Bindu (Greeva's top) and Sahasraar (head).

'Upri-Chakra': Aagyaa, Bindu and Sahasraar. ...14

Dasham Dwaar Se Ho Tabhi,	Just then does from the Tenth Door,
Ram-Kripaa Avtaar,	The Grace of God <i>Shri-Ram</i> descend,
Gyaan Shakti Aanand Sah,	Does bring with it Wisdom and Joy,
Saam Shakti Sanchaar. ...15.	And life and song that has no End.

Thereon enters through the tenth gate Sri Ram's Grace that paves the way for divine knowledge, strength, inner bliss and steadiness.

'Dasham-Dwaar' : Human body is an entity with nine gates/passages : Two eyes, two ears, two nasal passages, one mouth, two outlets for human excreta. Tenth doorway is invisible and is located higher than the nine doors. ...15

Dev Dayaa Swashakti Kaa,	'Tis there, in thousand-leaved-Lotus,
Sahasra Kamal Men Milaap,	Life-Force ascend sand meets the Grace,
Ho Satpurush Sanyog Se,	And all the sins are burnt away
Sarva Nashṭ Hon Paap. ...16.	In presence of His Blessed Face.

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With the blessings of a realized saint-soul(Satguru) and God's Grace, the devotee's 'Kundalini' merges into the lotus with thousand petals - the Supreme Consciousness - Sahasraar and instantly 'destroys' all evils and sins. In fact, sublimation and salvation of the human soul presupposes God's Grace, devotee's sincere efforts and will - power, and more importantly, Guru's blessings and patronage. The human soul becomes one with the Supreme Soul. Then the devotee transcends the mind and attains complete enlightenment. ...16

Namaskar Saptak

Kartaa Hoon Main Vandanaa,

Nat Shir Baarambaar,

Tujhe Dev Parmaatman,

Mangal Shiv Shubhkaar. ...1.

(SALUTATION IN SEVEN COUPLETS)

Again and Again I bend low,

Salute to thee, my Lord,

Thou art giver of good,

Happiness and all concord.

In all humility and deference, I prostrate myself again and yet again before Thee, the Provider of benediction, happiness, peace, serenity and auspiciousness.

'Vandanaa': Salutation; 'Mangal': Benediction; 'Shiv': Happiness, Peace

'Shubh': Auspicious ...1

Anjali Par Mastak Kiye,

Vinaya Bhakti Ke Saath,

Namaskaar Meraa Tujhe,

Hove Jag Ke Naath. ...2.

With deep devotion, humility,

Fore-head on folded hands,

I salute to Thee, O Lord

Of all the worlds and lands.

With folded hands, the head bowed in reverence and the heart overwhelmed with humility and deference, O Lord of the Universe, I salute Thee! ...2

Dono Kar Ko Jordh Kar,

Mastak Ghuṭne Tek,

Tujh Ko Ho Pranaam Mam,

Shat-Shat Koṭi Anek. ...3.

I let my knees to ground,

I clasp my hands, bend, bow,

Accept my salutations, Lord,

Many million times I bow.

With folded hands, kneeling and bowing my head, I pray and pay Thou my most devout obeisance. ...3

Paap-Haran Mangal-Karan,

Charan-Sharan Kaa Dhyaan,

Dhaar Karoon Pranaam Main,

Tujh Ko Shakti Nidhaan. ...4.

Saviour from sin, giver of peace,

My mind upon Thy Feet,

I bow to Thee, Thou art

Of strength the source and seat.

Knowing You to be the Redeemer-Benefactor, I bow before Thee, O Omnipotent Lord! ...4

Bhakti-Bhaav Shubh-Bhaavnaa,

Man Men Bhar Bharpoor,

Shraddhaa Se Tujh Ko Namoon,

Mere Ram Hazoor. ...5.

With deep devotion, aspirations,

With heart over-flowing, with love,

With reverence I bow to Thee

Shri-Ram - my Lord of Love.

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With a spiritual dedication and a heart full of devotion, reverence and lofty thoughts and complete faith, I bow and remember Thee, my venerable Lord Ram! ...5

Jyotirmaya Jagdeesh He,

The Light of World, Lord o' Lords,

Tejomaya Apaar,

King O' Glory, Infinite Divinity,

Param Purush Paawan Param,

Supreme Being, Holy Spirit,

Tujh Ko Ho Namaskaar. ...6.

I pay homage to Thee.

Light of all lights and Fountainhead of all energies, O Supreme Being, that purifies and sanctifies all, I lie before you in deference. ...6

Satya Gyaan Aanand Ke,

Thou art the Highest Abode,

Param Dhaam Sri Ram,

Of truth, Knowledge, Joy, Light!

Pulkit Ho Meraa Tujhe,

Salutations to Thee, again, again,

Hove Bahu Pranaam. ...7.

With heart full of delight.

Overwhelmed with ecstasy, I bow again and again before Thee, Sri Ram - the sacred Embodiment of Existence - Consciousness - Absolute Bliss ('Satchidaananda').

Here Sri Ram has been hailed as the Supreme Soul who is the Source, Abode as well as the Indweller of all beings, the Imperishable and Infinite 'Brahm - Swaroop'. ...7

PRAATAHA PAATH (Morning Prayer)

Parmaatmaa Sri Ram, Param-Satya Prakaash-Roop,

Param Gyaanaanandswaroop, Sarvashaktimaan,

Ekaivaadviteeya Parmeshwar, Param-Purush,

Dayaalu Devaadhudev Hai, Us Ko Baar-Baar,

Namaskaar, Namaskaar, Namaskaar, Namaskaar.

Amrit Vani

(Dawn Recitations)

Shri Ram is supreme self, highest truth, light of lights,

Deepest wisdom, greatest joy, omnipotent, one without second,

Lord of all, first one, most merciful, God of Gods -

Salutations unto Him, again and again, again and again.

Ramaamrit Pad Paawan Vaani,

The Word--Shri Ram - is the holiest Name,

Ram-Naam Dhun Sudhaa Samaani.

Sweeter than nectar is singing of Name ;

Paawan-Paath Ram-Gun-Graam,

Sacred the praises of Name, Shri Ram,

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Ram-Ram Jap Ram Hee Ram.1.

Repeat Ram-Ram, the Name, Ram-Ram.

'Ram-Naam' blesses the devotees with purity and immortality. The nectar-like holy name of Sri Ram ennobles and edifies and should be recited incessantly (without any pause.) ...1

Param Satya Param Vigyaan,

The Highest Truth, Deepest Insight,

Jyoti-Swaroop Ram Bhagwaan.

The Lord Shri-Ram is Brightest Light ;

Parmaanand, Sarvashaktimaan,

Supreme Joy, Omni-potent, All,

Ram Param Hai Ram Mahaan. ...2.

The Best of all, Greatest of all.

Sri Ram alone is Absolute Truth, Experiential Wisdom, Light, Bliss and Omnipotence. Perfect and Non-Dual, He is the Supreme Soul. ...2

Amrit Vaani Naam Uchaaran,

Immortal Word is the Word Ram-Ram,

Ram-Ram Sukhsidhi-Kaaran.

The Spring of Peace, the Fount of Charm ;

Amritvaani Amrit Sri Naam,

The Eternal Breath, The Sweetest Psalm,

Ram-Ram Mud Mangal-Dhaam. ...3.

Home of Blessings and Bliss, --Shri Ram.

Recitation of Sri Ram's holy name is nectarous (like nectar) and endows the devotees with success, glory, inner calm and bliss. ...3

Amritroop Ram-Gun Gaan,

The songs sung in His praise are Sweet,

Amrit-Kathan Ram Vyaakhyaan.

For Him the voices raised are sweet,

Amrit-Vachan Ram Kee Charchaa,

The words are sweet said in devotion,

Sudhaa Sam Geet Ram Kee Archaa.4.

Like nectar is Shri-Ram's adoration.

Singing songs in praise of Sri Ram is most sacrosanct as is cherishing and remembering Him with devotion in any manner or form. ...4

Amrit Manan Ram Kaa Jaap,

Thinking, repeating name is sweet,

Ram-Ram Prabhu Ram Alaap.

To sing it in loud refrain is sweet ;

Amrit Chintan Ram Kaa Dhyaan,

To sit in silence, in mind's retreat,

Ram Shabd Men Shuchi Samaadhaan. ...5.

And listening there to Name is sweet.

Recitation of Sri Ram's holy name sanctifies everything - 'dhyaan', 'saadhanaa', meditation, contemplation and revelations (answers to the problems appearing during meditation). As the devotee recites 'Ram - Ram', the spiritual significance is felt keenly and subtly; while it is vocal chanting of the word, the Saadhak really meditates and reflects on the spirit. ...5

Amrit Rasnaa Wahee Kahaave,

The tongue that tells the Name-Ram-Ram,

Ram-Ram, Jahaan Naam Suhaave.

Is most melodious, full of charm ;

Amrit Karm Naam Kamaaee,

Gather within the wealth of Name,

Ram-Ram Param Sukhdaaee.6.

Giver of highest joy is Name.

Blessed is the tongue that forever remembers 'Ram-Ram'. Indeed, the only significant wealth and righteous deed worth performing consists in constant and sustained recitation of 'Ram-Ram'. This surely bestows lasting inner happiness. ...6

Amrit Ram-Naam Jo Hee Dhyaave,

Whoever repeats the name so Sweet,

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Amrit Pad So Hee Jan Paave.

His soul attains the Immortal Seat ;

Ram-Naam Amrit-Ras Saar,

*Ram-Nam is sweetest World, behold !

Detaa Param Aanand Apaar.7.

Bestower of Highest Joy Un-told !

* The Name of God

One who contemplates and meditates on Sri Ram-Naam alone achieves salvation. The Supreme Soul is nectar-like and Ram-Naam is the essence of this nectar which fascinates, thrills, elevates and confers eternal bliss.[Amrit-Pad also refers to that state of immortality which is capable of bestowing itself on others]. ...7

Ram-Ram Jap He Manaa,

Repeat, my mind, Ram-Ram !

Amrit Vaani Maan.

For that is Highest Name,

Ram-Naam Men Ram Ko,

And seated is ever Shri-Ram

Sadaa Viraajit Jaan. ...8.

In Temple of this Name.

O Mind! Remember forever the holy words 'Ram-Ram' as the provider of salvation and immortality. Also, be certain that Lord Sri Ram is forever existent in His Name(Ram-Naam). ...8

Ram-Naam Mud Mangalkaari,

The Name Shri-Ram brings bliss within,

Vighna Hare Sab Paatak Haari.

Removes all ills and saves from sin ;

Ram-Naam Shubh-Shakun Mahaan,

The Name Shri-Ram is most auspicious,

Swasti Shaanti Shivkar Kalyaan. ...9.

Welcome, peaceful, good and gracious.

Ram-Naam is a dispenser of bliss, well being and is a positive remedy for all troubles. An auspicious and great omen, Sri Ram-Naam showers peace, prosperity, benevolence and happiness. ...9

Ram-Ram Sri Ram-Vichar,

When comes Ram-Ram Shri-Ram in thought,

Maanie Uttam Manglaachaar.

"Tis sigh, some good will soon be wrought ;

Ram-Ram Man Mukh Se Gaanaa,

Then sing Ram-Ram with heart and mind,

Maano Madhur Manorath Paanaa. ...10.

You'll sure achieve, what you wish to find.

The Beginning of thought-processes centred upon Sri Ram augurs well. Incessant recitation of Sri Ram-Naam with feeling and devotion soon fructifies and paves the way for God-realization.

'Madhur Manorath': God-realization. ...10

Ram-Naam Jo Jan Man Laave,

Who seats Ram-Ram within his mind,

Us Men Shubh Sabhi Bas Jaave.

To him comes blessings of all kind ;

Jahaan Ho Ram-Naam Dhun-Naad,

The notes of name vibrates wherever,

Bhaagen Wahaan Se Visham-Vishaad11.

All woes and ills disappear therever.

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Installing Sri Ram-Naam in the inmost niche of the heart fills the devotee with sublimity and higher spiritual 'wealth'. Happy tidings marked by good fortune, peace and prosperity visit the place while the agents of gloom, pain and doom depart from where Ram-Naam is uttered.

'Visham-Vishaad': The three constituents ('Gunas') of 'Prakriti'- 'Sattva', 'Rajas' and 'Tamas' stand for happiness and goodness, pain and restlessness, and darkness, negativity and passivity respectively. He who is afflicted with 'tamas' gets entrapped in the vicious circle of passivity, apathy and inactivity that are difficult to overcome and defy all remedies. ...11

Ram-Naam Man-Tapt Bujhaave,	For restless mind Ram-Ram is balm,
Sudhaa Ras Seengh Shaanti Le Aave.	'Tis sweet as honey, brings peace and calm ;

Ram-Ram Japie Kar Bhaav.	Repeat Ram-Ram, with zeal repeat,
Suvidhaa Suvidhi Bane Banaav. ...12.	With ease, in time, your needs He'll meet.

Driving away mental agony, the Holy Ram-Naam soothes high-strung nerves and tranquillizes. Our only duty is to recite Ram-Ram with firm faith and devotion. The way to all round success and excellence is paved automatically and the devotee is helped to undertake higher spiritual pilgrimage in a propitious(auspicious) environment. ...12

Ram-Naam Simro Sadaa,	Repeat the Name-Ram-Ram-
Atishaya Mangal Mool.	Source of blessings un-told,
Visham-Vikat Sankat Haran,	Slayer of ill and evil,
Kaarak Sab Anukool. ...13.	Giver of help mani-fold.

O Saadhak! With keenness and complete faith, remember forever 'Ram-Naam' - the Provider of invaluable inner peace, comfort, happiness and equanimity, and the Victor who vanquishes agony, anguish and inauspiciousness.

'Visham-Vikat-Sankat': Onset of intolerable and terrible difficulties all at once. ...13

Japnaa Ram-Ram Hai Sukrit,	Repeat the Name-'Tis best of acts,
Ram-Naam Hai Naashak Dushkrit.	The Name-Ram-Ram-all ills corrects ;
Simre Ram-Ram Hee Jo Jan,	Whoever repeats the Name Ram-Ram,
Uskaa Ho Shuchitar Tan-Man. ...14.	His body and mind become pure and calm.

Devout recitation of Sri Ram's holy name is the most sacred act that ennobles, elevates and sanctifies, besides cleansing the inner dross (evil) by overwhelming the evil and the evil deeds of the devotee. ...14

Jismen Ram-Naam Shubh Jaage,	When blessed Name awakes within,
Us Ke Paap-Taap Sab Bhaage.	The mind is purged of pride and sin ;
Man Se Ram-Naam Jo Uchaare,	Whoever in joy chants name and sings,
Us Ke Bhaagen Bhram Bhaya Saare. ...15.	His doubts and fears at once take wings.

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One whose inner being gets aglow with the Holy Light of Ram Naam no longer suffers the pangs of suffering, adversity, doubt and fear. Anyone who remembers Ram-Naam with devotion, faith and reverence is not bothered by fear and doubt.

‘Taap’: Pain/adversity in the following forms:-

1. Physical and mental - fever, anger, worry, lust, bereavement etc.
2. Afflictions caused by external factors such as thief, scorpion, snake etc.
3. Natural - Earthquake, floods , drought etc.

‘Bhaya’: Fear of misfortune such as loss of life, property or prestige. ...15

Jis Men Bas Jaaye Ram Sunaam,	In whom the sacred name is nested
Hove Vah Jan Poornkaam.	In him Shri-Ram is manifested ;
Chit Men Ram-Ram Jo Simre,	When Name Ram-Ram in mind appears,
Nishchaya Bhav Saagar Se Tare. ...16.	One swims ashore from sea of fears.

He has all his desires fulfilled who consecrates his inmost niche with Sri Ram's holy name. Passionate and ceaseless remembrance of Ram-Ram enables the devotee to attain eternal salvation from the mortal world. ...16

Ram-Simran Hove Sahaaee,	Ram-Ram repeat, He helps, does heal,
Ram-Simran Haj Sukhdaaee.	Giver of health and wealth and weal ;
Ram-Simran Sab Se Oonchaa,	Repeat Ram-Ram, highest of all,
Ram Shakti Sukh Gyaan Samoochaa. ...17.	Giver of peace, wisdom and all.

As the supreme religious practice, recitation of Sri Ram's holy name with devotion and dedication facilitates all round well being and positive attitude. Sri Ram's constant remembrance is the Highest Act that blesses the devotee with strength, bliss and higher knowledge

‘Simran’: Remembering Sri Ram - Sri Ram with utmost faith and keenness. ...17

Ram-Ram Hee Simar Man,	Repeat, Repeat, my mind !
Ram-Ram Sri Ram.	Ram-Ram Shri-Ram Ram-Ram.
Ram-Ram Sri Ram-Bhaj,	Sing, Sing, Most sacred song-
Ram-Ram Hari-Naam. ...18.	Ram-Ram Shri-Ram Ram-Ram.

O Mind! Remember forever Sri Ram's Holy name. He symbolizes God, the Purifier. Recite forever ‘Ram-Ram’ as the Name Itself embodies God.

‘Hari’: The Almighty God who overpowers and conquers all evils.

‘Bhaj’: (Ruminate) Remembering God's name in the same manner as the animals enjoy chewing the cud long after having eaten the fodder. Likewise, the devotee should be filled with ecstasy and pure bliss as he fondly and passionately remembers and recollects the majestic name of Shri Ram. ...18

Maat-Pitaa Baandhav Sut Daaraa,	Mother, Father, Relations, Son, Wife,
Dhan Jan Saajan Sakhaa Pyaaraa.	Wealth, Power, Husband, Friend dear as life,

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Ant Kaal De Sake Naa Sahaaraa, At death, to help, no one will wend,

Ram-Naam Teraa Taaran Haaraa. ...19. Ram-nam alone will save at the End.

As the spirit within prepares to depart from the human body, all the worldly relations and familial bonds prove of no avail. 'Ram - Naam' alone accompanies the Spirit on its onward journey to God's abode and is Its saviour/protector. ...19

Simran Ram-Naam Hai Sangi, The Name, Ram-Ram, is all in all,

Sakhaa Snehee Suhird Shubh Angi. So near and dear within your call ;

Yug-Yug Kaa Hai Ram Sahelaa, From age to age His Light has shone,

Ram-Bhakt Nahin Rahe Akelaa. ...20. A devotee of Ram is never alone.

O Saadhak! Thy only associate, comrade, friend and well-wisher is Sri Ram's holy name that never forsakes and, indeed, has been with the devotees since the beginning of the universe. In fact, Sri Ram's devout devotee is never lonesome, as His blessings and protection are always available to him. ...20

Nirjan-Van Vipad Ho Ghor, In wilderness, in deep distress,

Nibirdh-Nishaa Tam Sab Or. When all around is death, darkness,

Jot Jab Ram-Naam Kee Jage, As light of Name Ram-Ram is lit,

Sankaṭ Sarva Sahaj Se Bhage. ...21. Of own accord all sufferings quit.

Be it a desolate and forsaken jungle, an awesome dark night, seemingly endless tribulations and agonies - all these disappear instantly and of their own accord as soon as our inner being is aglow with the Holy Ram-Naam. ...21

Baadhaa Bardhi Visham Jab Aave, When odds and ends obstruct way,

Vair Virodh Vighna Bardh Jaave. Enemies abound, jealousies sway,

Ram-Naam Japiye Sukh Daataa, In Name Ram-Ram seek rest abide,

Sachaa Saathi Jo Hitkar Traataa. ...22. Comforter, companion, well-wisher, true guide.

The devotee should constantly remember and recite 'Ram- Naam' - the infallible (sure) remedy for enmity, hurdles, resistance or opposition as 'Jaap' of 'Ram-Naam ' alone proves to be a dependable friend, benefactor and protector. ...22

Man Jab Dhairya Ko Nahin Paave, When mind is ruffled and finds no rest,

Kuchintaa Chitt Ko Choor Banaave. With cares and fears it is oppressed,

Ram-Naam Jape Chintaa Choorak, Then chant the name in Temple, --Shri-Ram,

Chintaamani Chitt Chintan Poorak. ...23. Where mind is cured of cares and qualms.

When faced with acute anxiety, unsteadiness and worries , one should remember 'Ram-Naam' that instantly dissolves all the tensions and, instead, provides the desired blessings

'Chintaamani': An imaginary stone that fulfils all desires. ...23

Shok Saagar Ho Umrddhaa Aataa, When heart is sinking in sea of sorrow,

Ati Dukh Men Man Ghabraataa. And mind troubled with thoughts of morrow,

Bhajiye Ram-Ram Bahu Baar, Hold fast your grip on Name's ore,

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Jan Kaa Kartaa Berdhaa Paar. ...24.

And steer your ship safe to the shore.

In trying times of overwhelming grief and gloom, take to incessant(non-stop) recitation of 'Ram-Ram '. You will surely come out of the woods (out of danger). ...24

Kardhi Ghardhi Kathintar Kaal,

In time of trial, of severest strain,

Kashṭ Kathor Ho Klesh Karaal.

In deep distress and piercing pain,

Ram-Ram Japiye Pratipaal,

Repeat Ram-Ram Shri-Ram Ram-Ram,

Sukh Daataa Prabhu Deendayaal. ...25.

Who saves, protects from suffering, harm.

When hopeless calamities and seemingly insurmountable difficulties stare you in the face, you should remember and recite 'Ram-Ram'- the Compassionate Benefactor and Provider, every moment of the day.

'Klesh': These are listed as:-

1.'Avidyaa'(Ignorance),2.'Asmitaa'(Vanity),3.'Raag'(Attachment),4.'Dvesh'(Aversion,

These are also called five Knots of Ignorance that are difficult to get rid off. ...25

Ghaṭṇaa Ghor Ghaṭe Jis Ber,

When darkest clouds gather around,

Durjan Dukhrdhe Leven Gher.

When wicked are by, sorrows surround,

Japiye Ram-Naam Bin Der,

Then lose no time but sing Ram-Ram,

Rakhiye Ram-Ram Shubh Ter. ...26.

Keep ringing the holy rhyme Ram-Ram.

Whenever faced with grave dangers, loathsome people or adverse circumstances, take to incessant recital of Ram-Naam and invoke Sri Ram's Grace passionately and with complete faith in The Saviour. ...26

Ram-Naam Ho Sadaa Sahaayak,

Ever comes to help in grave distress,

Ram-Naam Sarva Sukhdaayak.

The Name is giver of all happiness ;

Ram-Ram Prabhu Ram Kee Tek,

Court on the Name, Ram-Ram, my heart !

Sharan Shaanti Aashraya Hai Ek. ...27.

The only refuge, repose, resort !

'Ram-Naam' stands by us steadfastly through thick and thin, and helps, comforts, consoles, sustains and offers perfect refuge (shelter) and serenity like none else. ...27

Poonji Ram-Naam Kee Paaiye,

O Pilgrim on life's journey so long,

Paatheyaa Saath Naam Le Jaaiye.

Take treasure of Name, Ram-Ram, -along,

Naashe Janm Maran Kaa Khaṭkaa,

The chain of births and deaths cut short,

Rahe Ram Bhakt Nahin Aṭkaa. ...28.

Who lives Shri-Ram, he wanders not.

Treasure up the invaluable wealth of Ram-Naam, which acts as the guide for the Spirit on its ultimate journey towards salvation. The true 'Saadhak' is always under the constant protection and blessings of Sri Ram, and is never bound by the awesome chains of the Birth - Death cycle from which he gets liberated forever. ...28

Ram-Ram Sri Ram Hai,

The Lord of Light, Shri-Ram,

Teen Lok Kaa Naath.

Is King of Three worlds wide,

Param-Purush Paawan Prabhu ,

All-holy, Purifier Supreme,

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Sadaa Kaa Sangi Saath. ...29.

All-Time Companion, and Guide.

Sri Ram is the Supreme Presiding-Deity(God) of all the three worlds(Universe). Himself being the Purest - the Sublimest Sanctifier, Sri Ram blesses His devotees by being with them forever.

‘Teen Lok’: The three worlds namely the physical world-characterized by mortality and

Yagya Tap Dhyaan Yog Hee Tyaag,

Different disciplines, systems of thought,

Van Kuṭi Vaas Ati Vairaag.

Renunciations, forest resort --

Ram-Naam Binaa Neeras Phok,

Without Ram-nam are dust and dream,

Ram-Ram Jap Tariye Lok. ...30.

Repeat Ram-Ram and cross the Stream.

In the absence of Ram - Naam, even the lofty practices like yagna, worship, meditation, renunciation and hermitage (life of hermits - sanyasins) lose all significance and meaning. In fact, salvation is possible only through ceaseless(endless) recitation and remembrance of 'Ram-Ram'.

‘Yagya’: Action aimed at others' well-being and self- upliftment (altruism).

‘Tap’: Self-imposed discomfort and denial of pleasures in the pursuit of spiritual

‘Dhyaan’: Withdrawal of mental attention from the world and its concentration on Sri Ram’s

‘Tyaag’: Liberation from the physical passions and vices.

‘Yagna ’, ‘Tapa’ and ‘Daan’(offerings) are the acts that ennoble the devotees. ‘Tyaag’ also means ‘Daan’. It implies self-abnegation and renunciation of passions like pride , vanity and the craving (desire) for returns and worldly possessions.

‘Vairaagya’: To completely ignore the physical comforts and conveniences of this world and the life beyond. ...30

Ram-Jaap Sab Sanyam Saadhan,

Self restraint, all self dispassion,

Ram-Jaap Hai Karm Aaraadhan.

**RAM-Jap* indeed is devoted action ;

Ram-Jaap Hai Param-Abhyaas,

Ram-Jap is best of moral practices,

Simro Ram-Naam 'Sukh-Raas'. ...31.

Repeat Ram-Ram--giver of graces.

** Repetition of Name*

‘Ram-Jaap’ by itself inherently and sufficiently implies and grants self - control as well as the spiritual wealth that really matters. So, remember the supremely sacred and Provider of Bliss ‘Ram - Ram’!.

‘Sanyam’: Control is exercised and achieved by concentrating the attention on a fixed purpose (steadiness of mind).

‘Abhyaas’: This is achieved through ceaseless and continuous recitation, remembrance and meditation of God’s name (Ram-Jaap and Dhyaan).

‘Aaraadhan’: Singing hymns and songs (Bhajans) to and in the glory of Sri Ram. ...31

Ram-Jaap Kahi Oonchi Karni,

Ram-jap the noblest of all acts,

Baadhaa Vighna Bahu Dukh Harni.

Overcomes sufferings, removes defects ;

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Ram-Ram Mahaa-Mantra Japnaa,

Recite Ram-Ram--the holiest name,

Hai Suvrat Nem Tap Tapnaa. ...32.

And walk the way of self-restrain.

Higher and loftier than everything else is Ram-Jaap that overcomes all problems, hurdles, irritants and pains. Ram-Jaap is the most auspicious vow of devotion, meditation and spiritual practice.

‘Suvrat’: Recitation of Ram-Ram in every time, clime and condition. ...32

Ram-Jaap Hai Saral Samaadhi,

'Tis the easiest Way to go within,

Hare Sab Aadhi Vyaadhi Upaadhi.

To Purge the self of fear, care, sin ;

Ridhi-Sidhi Aur Nav-Nidhaan,

Of power and plenty, in full measure,

Daataa Ram Hai Sab Sukh-Khaan. ...33.

Shri Ram is giver of Joy's treasure.

‘Ram-Jaap’ is simple and uncomplicated, easy to practice and cures all ills and troubles - physical, mental and spiritual. ‘Ram-Jaap’ leads to success, strength, affluence and intuitive powers (spiritual and extra-sensory).

‘Ridhi-Sidhi’: Affluence, success. ...33

Ram-Ram Chintan Suvichaar,

Bethink Ram-Ram, on Ram Meditate,

Ram-Ram Jap Nishchaya Dhaar.

Repeat Ram-Ram with firmest faith,

Ram-Ram Sri Ram-Dhyaanaa,

Reflect on Name, Ram-Ram Shri-Ram,

Hai Param-Pad Amrit Paanaa. ...34.

Highest Abode of peace and calm.

Forever contemplate ‘Sri Ram-Ram’ as nothing else deserves thought or concentration! Recite Sri Ram’s holy Name with faith and firm determination to attain the state of Supreme Consciousness, Bliss and Knowledge!

‘Param-Pad’: ‘Brahm Dhaam’- the Ultimate Abode of the Lord of the Universe that remains

Ram-Ram Sri Ram Hari,

Highest and simplest Yoga *,

Sahaj Param Hai Yog.

Is in mind, the' rhythmic beat

Ram-Ram Sri Ram Jap,

Of Name, Ram-Ram, Shri-Ram,

Daataa Amrit-Bhog. ...35

Giver of eternal Meet.

*Union,

The holy Ram-Naam unites the human soul with Sri Ram-the Supreme Soul with ease and without any doubt. So, recite Sri Ram-Ram to attain the nectar of divinity! ...35

Naam Chintaamani Ratna Amol,

Repeat Ram-Ram-Cures every care,

Ram-Naam Mahimaa Anmol.

'Tis priceless pearl, beyond compare,

Atul Prabhaav Ati-Prataap,

Great in glory, influence wide,

Ram-Naam Kahaa Taarak Jaap. ...36

Repeat Ram-Ram--the' truest Guide.

Ram-Naam is a jewel that is invaluable, unique and incomparable in its effectiveness and limitless power. While the profundity, grace and majesty of the holy Ram-Naam cannot be overestimated, it helps the devotees in getting salvation(‘Moksha’- deliverance of the soul from the human bondage). ...36

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Beej Akshar Mahaa-Shakti-Kosh,

Seed-word is "Ram", store house of powers,

Ram-Ram Jap Shubh-Santosh.

Ram-Jap gives peace, blessings showers,

Ram-Ram Sri Ram-Ram Mantra,

The vital, mystic *mantra* , ** Ram-Ram,

Tantra Beej Praatpar Yantra. ...37.

Is vehicle of Grace of God--Shri-Ram.

**Powerful name or word

Ram-Naam embodies the source and reservoir of power and strength, bestows contentment and fulfilment and is the primary impetus (driving force) behind the occult (supernatural, magical and mystical phenomena). Sri Ram pleases all, disappoints none, and is the most effective talisman against evil designs and deeds. What is not obtained through the benign benediction of Sri Ram cannot be realized from anyplace or anyone else.

‘Tantra’: Principles of Tantric Science (Occult). Various methods of achieving occult powers.

‘Yantra’: Talisman; ways of achieving results through ritualistic performance of sacred and

Beejaakshar Pad Padma Prakaashe,

The 'seed-word' flowers to Lotuses within,

Ram-Ram Jap Dosh Vinaashe.

Ram-jap purges the mind of sin ;

Kundalini Bodhe, Sushmanaa Khole,

+*Kundalini* awakens, ++*shushmana* opens,

Ram Mantra Amrit Ras Ghole. ...38.

when nectar drips, as name is taken.

+Serpent power

++Capillary passage in the spinal cord through which the awakened serpent power rises up.

Ram-Naam awakens the metaphysical energy centres located within us, smothers (curbs) lowly vices, awakens ‘Kundalini’(spiritual energy) and accelerates the flow of energy in the ‘Sushmanaa Naadi’. Ram-Naam fills our inner being with celestial bliss and pure joy.

‘Kundalini’: Serpentine/coiled up spiritual energy that lies dormant at the root of the spinal

‘Sushmanaa’: Located in the Kamal Naadi that is ensconced by Ingla - Pingla Naadis. On

Upje Naad Sahaj Bahu-Bhaant,

When Tunes and notes arise within

Ajpaa Jaap Bheetar Ho Shaant.

Ram-Nam's repetition calms there-in ;

Ram-Ram Pad Shakti Jagaave,

As name Ram-Ram is sung, re sung,

Ram-Ram Dhun Jabhi Ramaave. ...39.

Shri-Ram's great power within's sprung.

Ram-Naam facilitates divine revelations and bestows the gift of soundless echo. While the devotee is filled with perfect calm and quietude, he also experiences the beginning of uninterrupted recitation of holy ‘Ram-Ram’ without making any conscious effort. As the devotee’s heart and soul are finely tuned in to the divine and sublime Ram-Naam, the various spiritual powers that lie asleep within are also awakened.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

'Naad': Subtle metaphysical/divine sound audible to the devotee during meditation. ...39

Ram-Naam Jab Jage Abhang. When rings the Name without a break,

Chetan-Bhaav Jage Sukh Sang. Does calmly consciousness awake ;

Granthi Avidyaa Tootē Bhaari, The ignorance-knot is cut asunder,

Ram-Leela Kee Khile Phulwaari. ...40. Open garden-gates of God's Wonder.

Constant recital of Ram-Naam awakens us to the truth: 'I am the Soul' with great sense of joy, as opposed to the illusion born of ignorance 'I am the Body'. Indeed, the bright light of Ram-Naam dispels the dark clouds of ignorance filling our inner being with abiding ecstasy and bliss. ...40

Patit-Paawan Param-Paath, The sacred Fire of Name's rhythm,

Ram-Ram Jap Yaag. Uplifts sinners, purifies ;

Safal Siddhi Kar Saadhnaa, Follow the path of Name's Love,

Ram-Naam Anuraag. ...41. One path that sanctifies.

Invocation of Ram-Naam with devotion, faith and passion fructifies our spiritual practice (yields the desired result) by cleansing and edifying us morally and spiritually. ...41

Teen Lok Kaa Samjhiye Saar, O Praise Peace-giving Name Divine,

Ram-Naam Sab Hee Sukhkaar. With which the Three Worlds do shine ;

Ram-Naam Kee Bahut Bardhaaee, The praises of the Name #rishis ring,

Ved Puraan Muni Jan Gaaee. ...42. ##Vedas , +Puras and sages sing.

Seekers of Truth

##,+ Sacred Books of the East

The Provider of CALM and HAPPINESS, Sri Ram epitomizes (representing another in miniature form) the Soul of the Universe. The ancient scriptures, sages and saints have rightly sung praises of Sri Ram-Naam's Glory and Grandeur.

'Teen Lok Kaa Saar': Epitome of the three worlds (Universe).RAM is formed by the unison of 'R'of 'Agni'(place for agni-fire is earth), 'A' of 'Surya'(place for sun is in the heaven) and 'M' of 'Chandra'(place for moon is the space between the earth and the heaven).

'Muni': One who remains engrossed in God's remembrance. ...42

Yati Sati Saadhu Sant Sayaane, With Self control and self-restraint,

Ram-Naam Nish-Din Bakhaane. Savants, sages, each ++sadhu and saint,

Taapas Yogi Sidh Rishivar, +++Yogis, rishis and ascetics calm,

Japte Ram-Naam Sab Sukhkar. ...43. Mediate, each day, on Name Ram-Ram.

++ Men of God

+++ those united with God

Songs of praise are sung in the glory of Sri Ram-Naam, all the time by one and all. The ascetic, the devout and the faithful wife, sages, hermits and even the realized saints beseech the blessings, grace and benediction by reciting Ram-Ram.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

‘Yati’: One who exercises complete control over his senses.

‘Sati’: Spouse (wife) with resolute fidelity in action as well as thought.

‘Sidh’: One who has attained spiritual powers. ...43

Bhaavanaa Bhakti Bhare Bhajneek, With deep devotion the devotees sing,

Bhajte Ram-Naam Ramneek. Ram-Ram so sweet and enchanting ;

Bhajte Bhakt Bhaav-Bharpoor, Faith filled, without envy and doubt,

Bhram-Bhaya Bhed-Bhaav Se Door. ...44. With feelings sing Ram-Ram devout.

Those used to singing devotional hymns revel and become ecstatic (divinely happy) in reciting Sri Ram’s adorable ‘Naam’ and rise above the common pitfalls (weaknesses) of fear, doubt and bias (discrimination). ...44

Poorn Pandit Purush-Pradhaan, Men wise, and learned, at the top,

Paavan-Param Paath Hee Maan. Knowing how sacred is Ram-Jap ;

Karte Ram-Ram Jap-Dhyaan, Repeat Ram-Ram and go within,

Sunte Ram Anaahad Taan. ...45. Listen to Music of name there-in.

The ‘Pundits’ (experts), pioneers and prominent people concentrate their thoughts and attention on the glory of ‘Ram-Ram’ considering its recitation to be the most auspicious. Devout, passionate and daily recitation and remembrance of Sri Ram along with meditation on His Holy Name blesses the devotees, who are filled with divine ecstasy as soon as subtle and soundless, non-stop and spontaneous recitation of Ram-Ram begins within.

‘Anaahad Taan’: Sound originating in the fore part of the tongue is called ‘Vaikhri’; in the throat as ‘Madhyama’; in the heart as ‘Pashyanti’; in the navel as ‘Para-vaani’.

‘Pashyanti Naad’ is known as ‘Anaahad Naad’. Soundless remembrance ‘Ajpa Jaap’ of Sri Ram takes place in the heart as ‘Anaahad Naad’. ...45

Is Men Surti Sur Ramaate, Absorbed in This angles remain,

Ram-Ram Swar Saadh Samaate. Sit saints engrossed in Shri-Ram's Name ;

Dev Devigan Daiiv Vidhaataa, Goddesses and Gods, Deities and Fates,

Ram-Ram Bhajte Gantraataa. ...46. Adore Shri-Ram--the Saviour Great.

Deeply engrossed in the remembrance of holy ‘Ram-Naam’, the fond devotees, godmen and sages – all enjoy being in a state of bliss and divine ecstasy. As a matter of fact, the gods and goddesses, the blessed souls that live in the Higher World (Heaven), nay the Creator and the Preserver themselves invoke and remember ‘Ram-Ram’, signifying that the followers of different sects such as ‘Vaishnavas’, ‘Shaivas’ and ‘Shaaktas’ alongwith worshipping their personal deity remember and recite ‘Ram-Ram’.

‘Sur’ : angels/gods like Indra.

‘Dev’ : Brahma, Shiva.

‘Devigan’ : ‘Saraswati’, ‘Lakshmi’, ‘Paarvati’(Symbols of knowledge, wealth, power/ Energy).

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

‘Daiṽ’: Denizens (Inhabitants) of Heaven.

‘Vidhaataa’: The Creator

‘Gantraataa’ : Shiva, Vishnu, Shakti, Ganapati. ...46

Ram-Ram Suguni Jan Gaate, The gifted singers sing Ram-Ram,
Swar-Sangeet Se Ram Rijhaate. With music, Melody please Shri-Ram ;
Keertan-Kathaa Karte Vidwaan, The learned men of self control,
Saar Saras Sang Saadhanwaan. ...47. Sing sweet Name, Its virtues extol.

Men of nobility and rectitude (moral uprightness) please Sri Ram through devotional and soulful hymns sung in His glory. The scholars and the knowledgeable persons expound His glory and the devotees go ecstatic in idolizing and highlighting the sweet essence and significance of the holy ‘Ram Naam’. ...47

Mohak Mantra Ati Madhur, With rapt attention repeat,
Ram-Ram Jap Dhyaan. Sweetest, enchanting Word ;
Hotaa Teeno Lok Men, Praises of Name, Ram-Ram,
Ram-Naam Gun-Gaan. ...48. Throughout Three worlds are heard.

The recital of and meditation on the holy Ram-Ram is highly satisfying, ennobling and edifying. In fact, the whole Universe is resonant with(echoes) the qualities and glory of divinely vibrant ‘Ram-Naam’. ...48

Mithyaa Man-Kalpit Mat-Jaal, In-vain philosophies and religions,
Mithyaa Hai Moh-Kumad-Baital. In-vain attachment to mind-made regions,
Mithyaa Man-Mukhiaa Manoraaj, Mind's flights and heights are all in-vain,
Sachaa Hai Ram-Ram Jap Kaaj. ...49. Worth-while alone-repeat the Name!.

Illusory (deceptive) and ephemeral (short-lived) are the sects and beliefs that originate in vanity, self-glorification and selfishness. It is also illusive and undesirable to live in the make - believe (unreal) world of impulses and unbridled (uncontrolled) passions.

Only the act of remembrance and recitation of Ram-Naam is the complete truth. ...49

Mithyaa Hai Vaad-Vivaad Virodh, Of what avail discussion, debate,
Mithyaa Hai Vair Nindaa Hath Krodh. Of what avail enmity and hate ;
Mithyaa Droh Durgun Dukh Khaan, Ill will, ill words, to what measure?
Ram-Naam Jap Satya Nidhaan. ...50. Repeat the Name--th' truest treasure.

Illogical debate, irrational argumentation, allegations and counter-allegations, envy, stubbornness, anger, jealousy and enmity - all represent falsehood and should be avoided as the potential dispensers of pain and misfortune. Recitation of ‘Ram-Naam’ alone leads us to the inexhaustible treasure of Truth. ...50

Satya-Mulak Hai Rachnaa Saari, All things created are real and true,
Sarva-Satya Prabhu-Ram Pasaari. The one pervades them through and through ;
Beej Se Taru Makkardhi Se Taar, From seed a tree, from spider thread,

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Huaa Tyon Ram Se Jag Vistaar. ...51.

From God this world, thus is spread.

The entire creation originated in Truth which in turn emanated from Sri Ram, Who is Himself the Absolute Truth. Just as the seed blossoms into the tree and the spider weaves the web, in the same manner the entire Cosmos evolved as a consequence of Sri Ram's Grace. ...51

Vishwa-Vriksh Kaa Ram Hai Mool,

The world's a tree, Ram is the root,

Us Ko Tu Praanee Kabhi Na Bhool.

O man! Never forget this truth,

Saans-Saans Se Simar Sujaan,

And breathe with every breath His Name,

Ram-Ram Prabhu-Ram Mahaan. ...52.

Almighty is He, Blessed His name.

Sri Ram is the vital life force, the chief inspiration behind the Tree of Life - The Universe. O Man! Never for a moment should Thou forget Him. O Enlightened Being! breathe in and out only the glories of Sri Ram. ...52

Laya Utpatti Paalanaa-Roop,

Creator, Care-taker, consumer is Ram,

Shakti-Chetnaa Aanand-Swaroop.

Omnipotent, Highest Bliss is Ram;

Aadi Ant Aur Madhya Hai Ram,

Ram is Origin, the End and Middle,

Asharan-Sharan Hai Ram-Vishraam. ...53.

To restless Rest, key to life's riddle.

Sri Ram is the Refuge and Protector of the helpless and the hapless in the world. The Creator, Preserver and Destroyer of the Universe and the symbol of Bliss, Energy, and Knowledge, Sri Ram is the Beginning, the Middle and the End of Creation. ...53

Ram-Ram Jap Bhaav Se,

With deep devotion, my heart!

Mere Apne Aap.

Repeat Ram-Ram, repeat :

Param-Purush Paalak-Prabhu,

Creator, care-taker is He,

Hartaa Paap Tritaap. ...54.

Protects from sin, deceit.

O my Inner Being! Recite with fondness, passion and faith the Holy Name of Sri Ram, Who preserves, protects and sustains all. The Lord of Lords, Sri Ram annihilates (finishes) evils and evil deeds. ...54

Ram-Naam Binaa Vrithaa Vihaar,

Great wealth, rich foods, comforts and fame,

Dhan-Dhaanya Sukh-Bhog Pasaar.

Without Ram-Ram all are in-vain ;

Vrithaa Hai Sab Sampad Sammaan,

Without the name all honours and pelf,

Hove Tan Yathaa Rahit Praan. ...55.

Are like a body without the Self.

In the absence of Ram-Naam, everything becomes useless and meaningless - recreation, delicacies, riches and eminence. Without this Holy Name, all the worldly possessions become insignificant and irrelevant like the mortal human body without the pulsating life within. ...55

Naam Binaa Sab Neeras Swaad,

Without the name insipid are pleasures,

Jyon Ho Swar Binaa Raag Vishaad.

As musis jars without measures ;

Naam Binaa Nahin Saje Singaar,

Decorations, riches, vanity of vanities,

Ram-Naam Hai Sab Ras Saar. ...56.

Ram-Ram alone is beauty of beauties.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Without the grace and blessings of the Holy Ram-Naam, everything loses its intrinsic value. In fact, taste becomes tasteless just as music sounds depressing without melodiousness. Likewise all attempts at self-beautification fail to acquire grace and attraction in the absence of Ram-Naam. To be sure, Ram-Naam alone is the core and spirit of all enjoyments. ...56

Jagat Kaa Jivan Jaano Ram, The Bread of Life, the Light of the World,
Jag Kee Jyoti Jaajwalyamaan. The Name Ram Ram's omnipotent Word ;
Ram-Naam Binaa Mohinee-Maayaa, Without Ram-Ram life's charming show,
Jivan-Heen Yathaa Tan-Chhaayaa. ...57. Is soul-less as a man's shadow.

Know Sri Ram to be the Nerve-Centre, the Light, the Spirit and Consciousness of the Universe. In the absence of Sri Ram's blessings, the moving spirit of the Universe will lose its vitality and be as lifeless as the mere shadow of the human body. ...57

Soonaa Samjhiye Sab Sansaar, But wilderness is peopled world,
Jahaan Nahin Ram-Naam Sanchar. Where-in the Word Ram is not heard ;
Soonaa Jaaniye Gyaan-Vivek, Learning, discerning are empty vain,
Jis Men Ram-Naam Nahin Ek. ...58. Without the light within of Name.

Devoid (in absence) of Ram-Naam, the entire world would be a desolate wilderness (without any human beings) and an inanimate (lifeless) phenomenon. Knowledge, reasoning and intellect would remain barren and hollow unless these are inspired and blessed by the Holy Ram-Naam. ...58

Soone Granth Panth Mat Pothe, Scriptures and Books without His Name,
Bane Jo Ram-Naam Bin Thothe. Are false, empty, hollow, in-vain ;
Ram-Naam Bin Vaad-Vichar, Disputes, discussions, discourses, debates,
Bhaari Bhram Kaa Kare Prachar. ...59. Without Ram-Ram spread doubts and hates.

Without Ram-Naam, all the 'holy' books and scriptures, religious sects and beliefs, ideologies, logic, reasoning and the schools of thought are shallow, insignificant and irrelevant and spread only falsehood and confusion. ...59

Ram-Naam Deepak Binaa, Dark indeed are the minds
Jan-Man Men Andher. without the lamp of Name, --
Rahe, Is Se He Mam-Man, Count, count, therefore, my mind,
Naam Sumaalaa Pher. ...60 The beads of blessed Name.

O Mind! Forever tell the beads of Ram-Naam rosary (maalaa) so as to ensure perpetual divine light within. The life would be dark and awesome otherwise. ...60

Ram-Ram Bhaj Kar Sri Ram, Ram Ram repeat, Ram Ram recite,
Kariye Nitya Hee Uttam Kaam. Then do the deeds good and the up-right ;
Jitne Kartavya Karm Kalaap, Duties perform and jobs undertake,
Kariye Ram-Ram Kar Jaap. ...61. Buy say Ram-Ram without a break.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

The devotee should always recite 'Ram-Ram' with reverence even while performing the worldly duties including the responsibilities of the job or business. Recital of the holy 'Ram-Ram' is the noblest and purest deed, which must be, performed daily (without fail). ...61

Kariye Gamnaagam Ke Kaal,	In journies, travels repeat Ram-Ram,
Ram-Jaap Jo Kartaa Nihaal.	Ram-nam protects from evil and harm ;
Sote Jagte Sab Din Yaam,	Awake, asleep, by day, by night,
Japiye Ram-Ram AbhiRam. ...62.	Recall Ram-Ram that gives delight.

Sri Ram's sacred name blesses us with satisfaction and happiness. Thus, we should constantly go on reciting the splendidly enchanting and blissful 'Ram-Ram' every moment whether awake or asleep, coming hither or going hence. ...62

Japte Ram-Naam Mahaa Maalaa,	The beads of Name Ram-Ram-who tell,
Lagtaa Narak-Dwaar <u>Pai</u> Taalaa.	For them no more the fires of hell ;
Japte Ram-Ram Jap Paath,	Recite, repeat, Ram-Ram each day,
Jalte Karm Bandh Yathaa Kaath. ...63.	The cords of *Karma shall burn as hay.

* Karma = Action

'Ram-Naam' is so powerful that its devout devotee has no fears of the hell since 'Ram-Ram' ensures the Saadhak's salvation by neutralizing(burning) the evil and inauspicious actions ('Karma') like envy, jealousy, anger, pride and selfishness in the same manner in which

Taan Jab Ram-Naam Kee <u>Toote</u> ,	When link with Name Ram-Ram is lost,
Bhaandaa-Bharaa Abhaagya Bhaya Phoo <u>te</u> .	Misfortunes, fears come running fast ;
Mankaa <u>Hai</u> Ram-Naam Kaa <u>Aisaa</u> ,	Like philosophers' stone, by Name's beads,
Chintaa-Mani Paaras-Mani <u>Jaisa</u>64.	To faith are turned all cares and heeds.

As the devotee's inner being reverberates with ceaseless remembrance and recitation of the Holy Ram-Naam, the receptacle (container, vessel) filled with fear, calamities and misfortunes explodes. The beads of Ram-Naam rosary alone have the divine touch that cures all ills and troubles like the alchemic stone that turns baser metals into gold....64

'Paaras-Mani': (Alchemic Stone) A stone which when it touches iron transforms it into gold.

Ram-Naam Sudhaa-Ras Saagar,	Of ambrosial waters Ram-Ram is ocean,
Ram-Naam Gyaan Gun-Aagar.	Of wisdom virtue, Ram-Nam's fountain ;
Ram-Naam Sri Ram-Mahaaraaj,	Ram-Ram Shri-Ram in sea of fears,
Bhav-Sindhu Men <u>Hai</u> Atul-Jahaaj. ...65.	Is king and captain, to safety steers.

'Ram-Naam' is an ocean of nectar that immortalizes; an inexhaustible (endless) treasure of higher knowledge (Self-realization) and noble and moral traits. 'Sri Ram-Naam, Sri Ram' - the Presiding Deity of the Universe, is the unparalleled and yet never-failing spiritual vessel to ensure smooth voyage for the human soul to eternal salvation. ...65

Ram-Naam Sab Teerth-Sthaan,	Ram-Jap is many a sacred bath,
Ram-Ram Jap Param-Snaan.	In holy places on pilgrim's path :
Dho Kar Paap-Taap Sab Dhool,	Washes out the dirt of anger, sin,

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Kar De Bhaya-Bhram Ko Unmool. ...66. Up-roots all fears and doubts within.

'Ram-Naam' embodies and embraces all the holy places of pilgrimage, provides complete spiritual ablution to cleanse us of the worldly dirt and dross (evil effect of the vices and passions) like fear, doubt and misconceptions. ...66

Ram-Jaap Ravi-Tej Samaan, Ram-Jap is like the light of sun,
Mahaa-Moh-Tam Hare Agyaan, Dispels deep darkness, blind passions ;
Ram-Jaap De Aanand Mahaan, Repeat the Name,-- 'tis highest bliss, --

Mile Use Jise De Bhagwaan. ...67. But they receive whom God gives this.

As the bright sunshine dispels (removes) darkness and fills the universe with light and warmth, similarly, 'Ram-Naam' bestows rare spiritual bliss on the devotees so 'chosen' by dispelling their ignorance, darkness and delusions. ...67

Ram-Naam Ko Simariye, Recall the Name Shri-Ram,
Ram-Ram Ek Taar. And again, and again, and again ;
Param-Paath Paawan-Param, Most sanctifying is Name,

Patit Adham De Taar. ...68. Saves souls steeped in sin.

Ceaseless (non-stop) recital of 'Ram-Naam' cleanses, ennobles and elevates even the chronic evildoers. As such, one should forever go on reciting the holiest of the holy 'Ram-Ram' with feeling, faith and fervour (zeal). ...68

Maangoon Main Ram-Kripaa Din Raat, Day in day out I seek His Grace,
Ram-Kripaa Hare Sab Utpaat. His grace does all problems efface ;
Ram-Kripaa Leve Ant Sambhaal, The end of life is safe in His Hands,

Ram-Prabhu Hai Jan Pratipaal. ...69. He is protector of men and lands.

I invoke Sri Ram's Grace (and Forgiveness) so as to protect and secure myself against troubles, turmoils, sinister (evil) designs and misfortunes. As the Preserver and Protector, Sri Ram's Grace saves and secures at the end of this mortal life. ...69

Ram-Kripaa Hai Uchtar-Yog, The Grace of God is Highest Way,
Ram-Kripaa Hai Shubh Sanyog. The Grace of God is "passion-play" ;
Ram-Kripaa Sab Saadhan-Marm, By Grace of God comes self control,

Ram-Kripaa Sanyam Satya Dharm. ...70. Comes love for truth, deep search for soul.

Sri Ram's Grace and Compassion is the noblest form of divine benediction; the core content of spirituality; the quintessence of metaphysics ('Rahasyavaad'); and the sure way to Supreme Will-Power, conquest of the Self and Knowledge of the Highest Religion. ...70

Ram-Naam Ko Man Men Basaanaa, The path of grace - if you may find?
Supath Ram-Kripaa Kaa Hai Paanaa. Enshrine the Name then in your mind ;
Man Men Ram-Dhun Jab Phire, When in your mind the Word swings,
Ram-Kripaa Tab Hee Avtare. ...71. Welcome coming of King of Kings.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Imbibing Sri Ram's Holy Name is a sublime way of receiving His Grace. Only when the heart is genuinely imbued (filled) and resonant with Ram-Naam, do Sri Ram's Grace and Benediction bless the devotee.....71

'Dhun': Spontaneous, continuous and harmonious resonance of the Holy Ram-Naam within

Rahoon Mai Naam Men Ho Kar Leen,

Oh may I live in Name as free,

Jaise Jal Men Ho Meen Adeen.

In waters as a fish is free,

Ram-Kripaa Bharpoor Main Paaoon,

And fill myself with grace and Love,

Param Prabhu Ko Bheetar Laaoon. ...72.

Within, around, below and above.

Just as the marine life (sea animals like fish) roam around fearlessly in water, I wish to be fully immersed in the glory of Ram-Naam and to experience Oneness and complete identification with Sri Ram and His Grace. Indeed, Sri Ram and His Grace are one and inseparable from each other. ...72

Bhakti-Bhaav Se Bhakt Sujaan,

The devotees of God with greatest love,

Bhajte Ram-Kripaa Kaa Nidhaan.

Of Grace of God seek treasure trove ;

Ram-Kripaa Us Jan Men Aave,

On him alone does Grace descend,

Jis Men Aap Hee Ram Basaave. ...73.

On whom He Himself chooses to send.

It is with extreme fondness and reverence that the learned and the devout remember and invoke the benediction of Sri Ram who is the Apostle and Fountainhead of Compassion and Grace. Indeed, Sri Ram Himself wills and chooses his Beneficiaries – Recipients. ...73

Kripaa Prasaad Hai Ram Kee Deni,

When in His Mercy His Grace Descends,

Kaal-Vyaal Janjaal Har Leni.

Destroys death's gall, all vanity ends ;

Kripaa-Prasaad Sudhaa-Sukh-Swaad,

God's Grace -- so sweet, soothing, as balm,

Ram-Naam De Rahit Vivaad. ...74.

Comes quietly on him who sings Ram-Ram.

Sri Ram Himself bestows His Grace on the devotees and liberates the human souls from the clutches and fangs of Time - the Ruthless (without pity) Serpent. Indeed, Sri Ram's Grace provides the nectarous (like nectar) bliss surely and unmistakably. ...74

Prabhu-Prasaad Shiv-Shaanti-Daataa,

The Grace of God Gives peace, happiness,

Brahm-Dhaam Men Aap Pahunchaataa.

And leads to Kingdom of Blessedness ;

Prabhu-Prasaad Paave Wah Praanee,

On him who takes the Name Divine,

Ram-Ram Jape Amrit-Vaani. ...75.

Blessings of God descend and shine.

He attains Sri Ram's Grace and Benevolence who chants His divine name keenly and fervently. Such a devotee also experiences Sri Ram's liberal munificence (generosity) in being blessed with bliss and inner peace, and is led to God's abode. ...75

Aushadh Ram-Naam Kee Khaaiye,

Of Name, - Ram-Ram 'th remedy employ,

Mrityu Janm Ke Rog Mitaiye.

All ills of mortal life destroy ;

Ram-Naam Amrit Ras-Paan,

Drink in the nectar-like sweet Name,

Detaa Amal Achal Nirvaan. ...76.

Highest salvation thereby attain.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

The only 'medicine' worth taking is the Holy Ram-Naam that Surely delivers and liberates us from the endless chain of life and death, the agony and travails (pain) of mortal life, and leads us to salvation (immortality of the soul) of the purest and highest order. ...76

Ram-Ram Dhun Goonj Se, Chant loud Ram-Ram Shri-Ram,

Bhav-Bhaya Jaate Bhaag. Doubt & fear shall dis-appear ;

Ram-Naam Dhun Dhyaan Se, Hark within the Name Ram-Ram,

Sab Shubh Jaate Jaag. ...77. Hope & cheer shall reappear.

With the echoes of the sound of holy 'Ram-Ram' all apprehensions of the birth-death-birth cycle disappear. Also vanish all the evil forces yielding place to the auspicious forces of all round well being after the devotee trains his mind and attention on the Holy sound of 'Ram-Ram'. ...77

Maangoon Main Ram-Naam Mahaadaan, I seek the Name, greatest of gifts,

Kartaa Nirdhan Kaa Kalyaan. The rich treasure that ever up-lifts ;

Dev-Dwaar Par Janm Kaa Bhookhaa, Since births Thy Gate I watch and wait,

Bhakti Prem Anuraag Se Rookhaa. ...78. Alas! I lack in love and faith!

I humbly beseech (request) and pray for the benefaction of the unparalleled Ram-Naam that dispels (removes) privation and poverty, and grants all the blessings. For the past innumerable lives, I have been devoid of His Grace and am indeed without any positive traits (qualities) like devotion, ardent desire, faith and genuine spiritual quest (search). ...78

'Par Hoon Teraa'-Yah Liye Ier, But 'I am Thine', Oh, 'I am Thine',

Charan Pardhe Kee Rakhiyo Mer. I seek refuge singing this rhyme ;

Apnaa Aap Virad-Vichaar, Keep Thou Thy Word, fulfil Thy Claim,

Deejiye Bhagwan! Naam Pyaar. ...79. Give me, my Lord, deep love for Name.

I passionately beseech Thee, O Lord, Sri Ram! because 'I am Thine' only. Here do I lie prostrate before Thee! Pray, bethink Thine stature, magnificence, fame and, being unmindful of my vices and frailties, grant me Thine Forgiveness, Patronage, Affection, Blessings and unshakeable faith in my devotion for You! ...79

Ram-Naam Ne We Bhee Taare, Hath not Thy Name sinners saved ?

Jo The Adharmi-Adham Hatyaare. Wicked worthless morally depraved ?

Kapṭi-Kuṭil-Kukarmi Anek, Criminals culprits fallen in shame,

Tar Gaye Ram-Naam Le Ek. ...80. Have washed their sins in river of Name.

The holy 'Ram-Naam' ensured ultimate salvation even to those who were atheistic and irreligious, and who led a life of wickedness, immorality, crime, promiscuity (indiscriminate physical relations), deceit and treachery. This was the result of remembering Sri Ram's Name only. ...80

Tar Gaye Dhriti-Dhaarnaa Heen, Even those in actions and duties meek,

Dharm-Karm Men Jan Ati Deen. With minds infirm, wavering and weak,

Ram-Ram Sri Ram-Jap Jaap, Repeat Ram-Ram, achieve success,

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Huye Atul-Vimal-Apaap. ...81.

Are firm in faith, become pure, sinless.

The Graciousness of 'Sri Ram-Naam' saves the souls of even those who lack steadiness, faith, self-restraint and are irreligious and overtly indulgent (fond of pleasure). The holiest of the holy 'Ram-Ram' helped and sustained the worst offenders and criminals, who were absolutely cleansed and purified without any traces of past sinfulness.

'Dhriti': steadiness. ...81

Ram-Naam Man Mukh Men Bole,

Mutter Ram-Ram in mind, in mouth,

Ram-Naam Bheetar Pat Khole.

And open the gate of heart's house,

Ram-Naam Se Kamal-Vikaas.

Ram-Nam opens Lotuses within,

Hoven Sab Saadhan Sukh-Raas. ...82.

Flowers to joy each discipline.

Silent and persistent recitation of the Holy 'Ram-Naam' dispels(removes) with its resplendence (dazzling brightness) the dark clouds of ignorance and, instead, fills the devotee's inner being with Superconsciousness. Knowledge of the 'Brahman'-the Lotus brings our spiritual quest (search) to its grand finale-Oneness with the Creator. ...82

Ram-Naam Ghat Bheetar Base,

With every breath, in every vein,

Saans-Saans Nas-Nas Se Rase.

Through-out your body, pulsate the Name,

Sapne Men Bhee Na Bisre Naam,

So place in name your every thought,

Ram-Ram Sri Ram-Ram-Ram. ...83.

You, even in dreams, forget it not.

When the Holy 'Ram-Naam' pervades (fills) our heart and soul, the entire Being, including every pore and breath, pulsates with Sri Ram's Grace as spontaneously as the hilly springs gush forth effortlessly. Thereafter, not in the slumberous state (dreams) does the devotee become oblivious (forgetful) of the auspicious 'Ram-Ram'. Instead, 'Ram-Ram Sri Ram-Ram-Ram' becomes integral part of his consciousness and he experiences abiding remembrance of 'Ram-Naam'. ...83

Ram-Naam Ke Mel Se,

Who, by the Grace of God,

Sadh Jaate Sab-Kaam.

Get united with the Name,

Dev-Dev Deve Yadaa.

Whatever task they undertake,

Daan Mahaa-Sukh-Dhaam. ...84.

Success there-in attain.

Sri Ram's noble and compassionate 'Naam' helps in realizing all our goals. The devotee experiences fulfilment of his human existence. The truly lasting and indestructible wealth of ultimate bliss is received when God of Gods, Sri Ram blesses us with it. ...84

Aho! Main Ram-Naam Dhan Paayaa,

Believe! You've found the Name's treasure,

Kaan Men Ram-Naam Jab Aayaa.

When rings Its melody in your ear,

Mukh Se Ram-Naam Jab Gaayaa,

When in your tongue Its honesty abounds,

Man Se Ram-Naam Jab Dhyaayaa. ...85.

When in your mind its rhythm resounds.

How indeed lucky am I to have been blessed with the most invaluable wealth of 'Ram-Naam'! This priceless treasure became mine only when with faith and feeling I began to recite, listen to and contemplate 'Ram-Naam'-steadfastly and without any distraction (interruption). ...85

Paa Kar Ram-Naam Dhan-Raashi,

O seeks Ram-Nam's power boundless,

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Ghor-Avidyaa Vipad Vinaashi.

Destroy deep darkness and distress ;

Bardhaa Jab Ram Prem Kaa Poor,

Of love for name when comes the tide,

Sankat-Sanshaya Ho Gaye Door. ...86.

Difficulties and doubts are swept aside.

As the devotee is blessed with the unique spiritual wealth of 'Ram-Naam', the dark and painful clouds of ignorance dissolve and disappear. Also get washed away in the deluge (flood) of Sri Ram's Grace all the evil forces of fear, doubt and misfortune. Fond and devout devotion to Sri Ram transforms itself into an infallible remedy and antidote for even the worst forms of ignorance, doubts and misfortunes. ...86

Ram-Naam Jo Jape Ek Ber,

But once who is able to unfold,

Us Ke Bheetar Kosh-Kuber.

The Name, he finds treasures un-told ;

Deen-Dukhiyaa-Dridra-Kangaal,

Broken, bleeding, or poor, wretched,

Ram-Ram Jap Hove Nihaal. ...87.

Repeat Ram-Ram, become blessed.

Passionate and soulful remembrance of Ram-Naam, even though once, enriches the devotee spiritually in a way that can compare well with Mammon - God of Wealth. Recital of 'Ram-Ram' with devotion and faith endows even the helpless, hapless, destitute, indigent (needy) and depressed with wealth, affluence, eminence and good luck. ...87

Hirdaya Ram-Naam Se Bhariye,

O fill your heart! Ram-Ram within,

Sanchaya Ram-Naam Dhan Kariye.

Gather the treasure of Name there-in,

Ghat Men Naam Moorti Dhariye,

There place idol of God, -- Shri Ram,

Poojaa Antarmukh Ho Kariye. ...88.

Worship Him there in silence calm.

We should amass and accumulate the only sacrosanct wealth of 'Ram-Naam' in our hearts. In fact, 'Ram-Naam' should be embedded in the inmost niche of our Being. We should introspect and forever remain in a state of devout and profound contemplation on the glories of Sri Ram Who graces our inner being. ...88

Aankhen Moond Ke Suniye Sitaar,

Then close your eyes, listen to lyre,

Ram-Ram Sumadhur Jhankaar.

Ring the rhythm of Name so clear,

Us Me Man Kaa Mel Milaao,

And tune your mind to music sweet,

Ram-Ram Sur Men Hee Samaao. ...89.

Be one with Ram, Ram-Ram Repeat.

We should be attuned to the celestial (heavenly) harmony emanating (originating) from the holy 'Ram-Ram' that forever orchestrates (runs, performs) within. In fact, our consciousness should lose its independent identity and mingle and merge with Sri Ram's Superconsciousness. ...89

Japoon Main Ram-Ram Prabhu Ram,

With mind on Lord of Light - Shri-Ram,

Dhyaoon Main Ram-Ram Hare Ram.

May I repeat, recite Ram-Ram !

Simroon Main Ram-Ram Prabhu Ram,

In silence I say, Ram-Ram-Shri-Ram,

Gaoon Main Ram-Ram Sri Ram. ...90.

Aloud I sing Ram-Ram-Shri-Ram !

O Most Adorable, Sri Ram! Grant me the blessing of invoking and remembering Thy Holy Name each moment and every breath of my life. I wish to meditate, contemplate and sing devoutly the glories of Thine Name alone. ...90

Amritvaani Kaa Nitya Gaanaa,

The *AMRIT-VANI--to recite each day

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

Ram-Ram Man Beech Ramaanaa.

On mind to let its music play,

Detaa Sankat-Vipad Nivaar,

Is to take away each evil, each ill,

Kartaa Shubh Sri Manglaaachaar. ...91.

Is to make the way for all good-will.

* This Booklet

Daily recital of Sri Amrit Vaani with faith and reverence fosters the installation of 'Ram-Ram' in the inmost niche of our Being - Soul. Regular and devotional recitation of Sri Amrit Vaani guards against all worries and troubles, and augurs all round well-being, abundance of affluence, health and happiness. ...91

Ram-Naam Jap Paathh Se,

Repeat the Name each day,

Ho Amrit Sanchaar.

Sit daily in Sun-shine,

Ram-Dhaam Menu Preeti Ho,

Build your Home in Kingdom of joy,

Sugun-Gan Kaa Vistaar. ...92.

Love, Light Divine.

Reverential recital and contemplation of 'Ram-Naam' grants the gift of divine nectar and enhances the devotee's spiritual attainments manifold, strengthens the spiritual bond with Sri Ram and fosters positive and lofty traits (qualities). ...92

Taarak Mantra Ram Hai,

RAM is key word that opens,

Jis Kaa Sufal Apaar.

Door to treasures un-told,

Is Mantra Ke Jaap Se,

Repeat the Magic-word Ram,

Nishchaya Bane Nistaar. ...93.

Wonders within un-fold.

Ram-Mantra is the Redeemer and Saviour which delivers our soul from the mortal bondage (captivity in the perishable human body). Be sure that remembrance of this Mahaa-Mantra leads to salvation as well as provides all round bliss, good fortune, God-Realization and Oneness with the Supreme Being. (May our faith in the Mahaa-Mantra of Ram-Naam be resolute and unshakeable). ...93

DHUN (The ChoricSong)

1. Bolo Ram, Bolo Ram, Bolo Ram Ram Ram.
2. Sri Ram, Sri Ram, Sri Ram Ram Ram.
3. Jaya Jaya Ram, Jaya Jaya Ram, Jaya Jaya Ram Ram Ram.
4. Jaya Ram Jaya Ram, Jaya Jaya Ram,
Ram Ram Ram Ram, Jaya Jaya Ram.
5. Patit Paawan Naam, Bhaj Le Ram Ram Ram;
Bhaj Le Ram Ram Ram , Bhaj Le Ram Ram Ram.
6. Asharan Sharan Shaanti Ke Dhaam, Mujhe Bharosaa, Teraa Ram;
Mujhe Bharosaa Teraa Ram, Mujhe Bharosaa, Teraa Ram.
7. Ramaaya Namaha, Sri Ramaaya Namaha,
Ramaaya Namaha, Sri Ramaaya Namaha.
8. Aham Bhajaami Ramam, Satyam Shivam Mangalam,
Satyam Shivam Mangalam, Satyam Shivam Mangalam.

SARVA SHAKTIMATE PARMAATMANE SRI RAMAAYA NAMAHA(7)

*Vridhi-Aastik Bhaav Kee, Shubh Ma n gal Sa n chaar.
Abhyudya Sadd-Dharm Kaa, Ram Naam Vistaar.*

: A devout and selfless invocation to God of Gods Sri Ram :

'May, with the Grace and Benevolence of the Supreme Soul - SRI RAM, the world be led into abiding faith and knowledge of the all-pervasive godliness, goodness and well-being! Let true spirituality permeate the universe and the holiest of the holy Ram-Naam transcend (rise above) all barriers!'